

GRIEF RIGHTS FOR KIDS

Dr. Alan Wolfelt

1. I have the right to have my own unique feelings about death.
2. I have the right to talk about my grief whenever I feel like talking.
3. I have the right to show my feelings of grief in my own way.
4. I have the right to need other people to help me with my grief, especially grown-ups who care about me.
5. I have the right to get upset about normal, everyday problems.
6. I have the right to have "griefbursts".
7. I have the right to use my spiritual beliefs to help me deal with my feelings of grief.
8. I have the right to try to figure out why the person I loved died.
9. I have the right to think and talk about my memories of the person who died.
10. I have the right to move toward and feel my grief and, over time, to heal.

The butterfly emerging from the circle of care represents the freed spirit.



CHILLIWACK HOSPICE SOCIETY

Mission Statement

Chilliwack Hospice Society is a community based Volunteer organization which accepts death as a part of life. We support individuals and families during the dying and grieving process.

Our Values

1. *We believe that every person has worth and a right to be treated with gentleness and respect.*
2. *We believe that every person has the potential to experience hope, wonder and joy.*
3. *We believe that diversity and inclusiveness are vital to the strength of our organization.*
4. *We believe that the strength of relationships in our organization is based on trust and open communication.*



Also funded by Chilliwack Bingo



HEARTS CAN HEAL Children's Grief Support Group



Chilliwack Hospice Society

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WHAT IS GRIEF?

Grief is a natural reaction to loss. It is the normal process that occurs after a person has experienced the death of a family member or friend. Children express grief and loss differently from teens and adults and may have many different responses including: academic, behavioral, emotional, social and physical. The type of support that children receive during their bereavement can impact their health, social relationships and future success in school.

WHAT AND WHERE?

The Chilliwack Hospice Society offers an eight week after school grief support group for children ages 6-12 years old. The group takes place once a week, from 3:30-5:00 pm at the Chilliwack Hospice Society's "Rotary Hospice Centre" at 45360 Hodgins Avenue. This program is free of charge, non-denominational and confidential.

WHO SHOULD ATTEND?

Any child ages 6-12, who has experienced the loss of a family member or friend through death or other circumstances; or who currently has a friend or family member dying.

WHY ATTEND A GRIEF SUPPORT GROUP?

- To learn about grief and talk about feelings connected with grief and loss.
- To meet other grieving children with similar issues and concerns.
- To explore how to process grief through art, music and play.

"It was always fun to make crafts and talk. Making the memory boxes was especially fun."

~ Megan age 11

PROGRAM OVERVIEW

Program Goals

- To provide an accepting and safe environment for children to meet and talk about their grief and loss experiences.
- To provide bereaved children with information about grief and loss in order for them to better understand their feelings of grief.

Program Objectives

- To provide safe, hands-on learning opportunities for children to express their feelings of grief.
- To decrease the isolation and loneliness children often feel following a loss.
- To encourage children to process their grief through a variety of friendship-building and grief-related activities.
- To help children strengthen resiliency skills needed to navigate future losses and life transitions.



"I learned that even though my dad died, it's okay to feel happy."

~ Ashley age 12

OUR GUIDING PRINCIPLES

Every child is entitled to the opportunity to grieve in a supportive, informed and understanding environment.

Open communication about death, grief and loss helps children to heal from loss.

Children naturally process their grief through playful, creative activities.

Grieving children need to have their questions and concerns addressed, even when unable to express them directly.

TOPICS WILL INCLUDE:

- Sharing our stories
- Talking about grief
- Expressing grief through art & music
- Learning about feelings
- Sharing special memories
- Commemorating a special life
- Saying goodbye & celebrating our time together
- Other topics proposed by the participants

**To refer a child to this program,
arrange for your child to attend,
or for more information, call
604-795-4660**

"After coming to the group I was more happy and I let go of a lot of stuff."

~ Becki age 12